

NAMI Santa Clara County Family Support Groups

If your support group is meeting

- Via Phone conference, call **408-453-0400** followed by the extension. No need to pre-register.
- Via Zoom, you will need to pre-register.
 - To pre-register, click on the link to sign up ahead of time.
 - You will receive a zoom link from your facilitator by email on the day of your meeting.
 - **Deadline to sign up: 2 hours before** the support group begins (e.g. 5 PM for groups starting at 7 PM)

For more information about these support groups, call Warm line Help Desk at **408-453-0400 option 1 Mon – Fri 10 AM to 6 PM** or choose option 4 if calling after 6PM.

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|---------------------|-------------------------------------------------------------------------------------------|
| FSG | For Family and Friends of individuals with mental health condition ONLY |
| FCSG | For BOTH , family/friends and individuals with mental health condition. |
| FSG-SPANISH | For families/friends who speak Spanish |
| FCSG-CHINESE | For Peers & families/friends who speak Mandarin. (FCSG- Korean if the group is in Korean) |

| DAY | TIME | GROUP | REGISTRATION LINK/PH # |
|------------------------------|-----------|--------------------------------|----------------------------------------------------------------------------------------------------------------------|
| 1ST WEEK OF THE MONTH | | | |
| FRIDAY | 7-9:30 pm | FSG SPANISH-OFFICE | https://bit.ly/spanish-fsg |
| 2ND WEEK OF THE MONTH | | | |
| FRIDAY | 7-9:30 pm | FSG SPANISH-OFFICE | https://bit.ly/spanish-fsg |
| *NEW* SATURDAY | 4-6:00 pm | FCSG CHINESE (Mandarin) | CONTACT Albert at (650) 701-3388/ albert.wum@gmail.com (Text ok) |
| 3RD WEEK OF THE MONTH | | | |
| THURSDAY | 7-9 pm | FCSG CHINESE -MTN VIEW | EMAIL jenhong1947@gmail.com |
| FRIDAY | 7-9:30 pm | FSG SPANISH-OFFICE | https://bit.ly/spanish-fsg |
| 4TH WEEK OF THE MONTH | | | |
| THURSDAYS | 7-8:30 pm | FCSG KOREAN -CUPERTINO | CALL KYO AT 408-712-1149 |
| FRIDAY | 7-9:30 pm | FSG SPANISH-OFFICE | https://bit.ly/spanish-fsg |
| 5TH WEEK OF THE MONTH | | | |
| FRIDAY | 7-9:30 pm | FSG SPANISH-OFFICE | https://bit.ly/spanish-fsg |